**SELF-DEFENSE**

“The supreme art of war is to subdue the enemy without fighting.”

― [Sun Tzu](http://www.goodreads.com/author/show/1771.Sun_Tzu), [*The Art of War*](http://www.goodreads.com/work/quotes/3200649)

Believe it or not, personal safety is *less* about what you do than it is about what you *don't* do -- especially in certain situations.

There are *no* simple answers when it comes to interpersonal violence. That is because YOU are a major factor in whether it happens or not. Your choices, your behaviors and what you say, have *major influence* on whether or not physical violence occurs.

So you *DO* have control over whether violence happens to you -- or not.

But it starts with you controlling your emotions, *instead of your emotions controlling you*. The reason this is important is that the person who resorts to physical violence the fastest is almost always being driven there by HIS out of control emotions.

There is a difference between defending yourself and being in a fight. A fight is where you are emotionally involved in the altercation…that is, you are adding to the problem. Self-defense is about being aware of the situation and reacting to what is going on around you. Self-defense involves de-escalating any potentially dangerous situation. It all starts with **situational awareness.** Be aware of, and **avoid** dangerous situations. Try not to constantly live in that **white zone,** the time when you are detached from reality, daydreaming, listening to music while texting while walking, etc. That is when you walk into danger, or, when danger sneaks-up on you.

Second, try to **de-escalate** a dangerous situation. Use your words to stay calm and alert. Find out exactly what the attacker wants. If it is an object, de-escalate the situation by giving up the object, then flee.

If it is you they want, you need to **create a scene.** Draw attention to yourself by screaming, yelling, and acting crazy. You will need all the help you can get to get away from these people.

If at all possible, run. Better to be alive and safe then to prove yourself by fighting back. They might be physically superior to you. You need to flee the scene as quickly as possible.

Lastly, if you can’t escape, fight back. 90% of the victims who fight back, live. At this point, anything goes. You do whatever it takes to get away from this attacker, including kicking, gouging, scratching, biting, etc.

In this class, we will uncover a variety of releases that could prove effective in attack situations. These techniques would need to be practiced until they become an automatic response (permanent). This could be done by training with a professional self-defense instructor.

**Vocabulary:**

1. Situational Awareness – being aware of your surroundings
2. De-escalate – staying calm and alert
3. White Zone – being completely unaware of what is going on around you
4. Egocentric – thinking the world revolves around you
5. Fight or flight – how you’re body reacts to danger

**Self–Defense in 5 steps:**

1. Awareness –Don’t get grabbed, don’t become a victim
2. De-escalate, use your words
3. Create a scene, Scream or yell, try to draw outside attention to yourself
4. Run
5. Fight back (LAST RESORT)

**Situations:**

1. Texting – look up every once-in-a-while
2. Ear buds – pop one out so you can hear
3. Internet safety- don’t give out personal information
4. Wallet – throw it to side, create a diversion
5. Sense danger – go to a lighted place with a lot of people

**Points to Ponder:**

1. Listen to your instinct. If it feels wrong, it probably is
2. There is no materialistic item that is worth your life
3. If someone grabs you, there are no rules
4. 90% of people attacked will do nothing
5. Be confident with your voice and with your technique

